

## Full Report (All Nutrients) 14025, Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

Report Date: July 04, 2017 15:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.4g	1 packet prepared 103g
<b>Proximates</b>						
Water	g	69.15	--	--	20.33	71.22
Energy	kcal	164	--	--	48	169
Energy	kJ	684	--	--	201	705
Protein	g	0.10	--	--	0.03	0.10
Total lipid (fat)	g	0.02	--	--	0.01	0.02
Ash	g	0.27	--	--	0.08	0.28
Carbohydrate, by difference	g	15.85	--	--	4.66	16.33
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	15.81	--	--	4.65	16.28
<b>Minerals</b>						
Calcium, Ca	mg	46	--	--	14	47
Iron, Fe	mg	0.08	--	--	0.02	0.08
Magnesium, Mg	mg	3	--	--	1	3
Phosphorus, P	mg	4	--	--	1	4
Potassium, K	mg	4	--	--	1	4
Sodium, Na	mg	47	--	--	14	48
Zinc, Zn	mg	0.04	--	--	0.01	0.04
Copper, Cu	mg	0.034	--	--	0.010	0.035
Manganese, Mn	mg	0.007	--	--	0.002	0.007
Selenium, Se	µg	0.1	--	--	0.0	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.1	0.4
Thiamin	mg	0.003	--	--	0.001	0.003

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Riboflavin	mg	0.002	--	--	0.001	0.002
Niacin	mg	0.005	--	--	0.001	0.005
Pantothenic acid	mg	0.010	--	--	0.003	0.010
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	5	--	--	1	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.003	--	--	0.001	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.002	--	--	0.001	0.002
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.001	--	--	0.000	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000

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18:1 undifferentiated	g	0.001	--	--	0.000	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.006	--	--	0.002	0.006
18:2 undifferentiated	g	0.004	--	--	0.001	0.004
18:3 undifferentiated	g	0.002	--	--	0.001	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	14.6	--	--	4.3	15.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0